

Making Every Bite Count

Child Nutrition
Programs

Vermont Department of
Education

Course Purpose

- To present current Dietary Guidelines and Food Guide Pyramid information.
- To assist attendees in *practical* implementation of the Dietary Guidelines and Food Guide Pyramid in Child Nutrition Program operations.

Course Content

- Let the Dietary Guidelines be Your Guide
- Pyramid Power
- Yes to Grains, Fruits & Vegetables
- Smart Use of Fat, Sugar & Fat
- Making Every Bite Count in Your Program

Let the DG's Be Your Guide

Changing the Scene

- Schools and communities are asked to recognize the health and education benefits of healthy eating
- Local policies that create a supportive nutrition environment in schools will provide students with the skills, opportunities and encouragement they need to adopt healthy eating patterns.

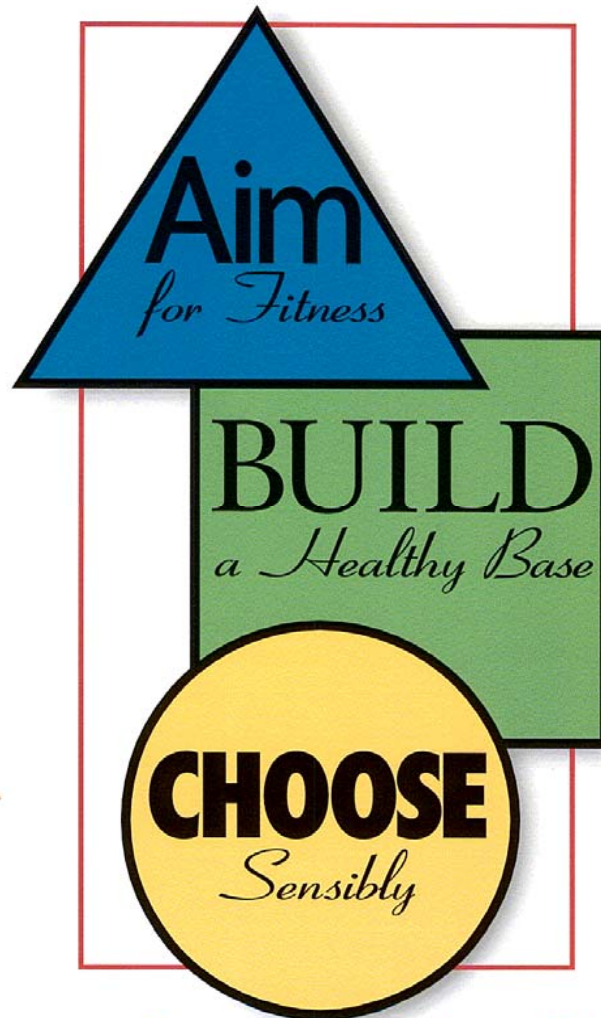
Healthy Nutrition Environments

- Unhealthy eating patterns are common among young people today.
- Improving the nutrition environment of school and child care programs will children develop good nutrition habits which will stay with them through life.
- Healthy eating improves enhances learning and improves the quality of life.

What are the Dietary Guidelines for Americans?

- Advice for healthy Americans 2 years and over about food choices & physical activity to promote healthy and prevent disease.
- Published by the Federal government.
- Based on the preponderance of scientific evidence
- Cornerstone of Federal nutrition policy.

Nutrition and Your Health:
DIETARY GUIDELINES FOR AMERICANS



...for good health



Aim
for Fitness

BUILD
a Healthy Base

CHOOSE
Sensibly

...for good health



DIETARY GUIDELINES FOR AMERICANS



AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

...for good health

Weight

2000 Guideline

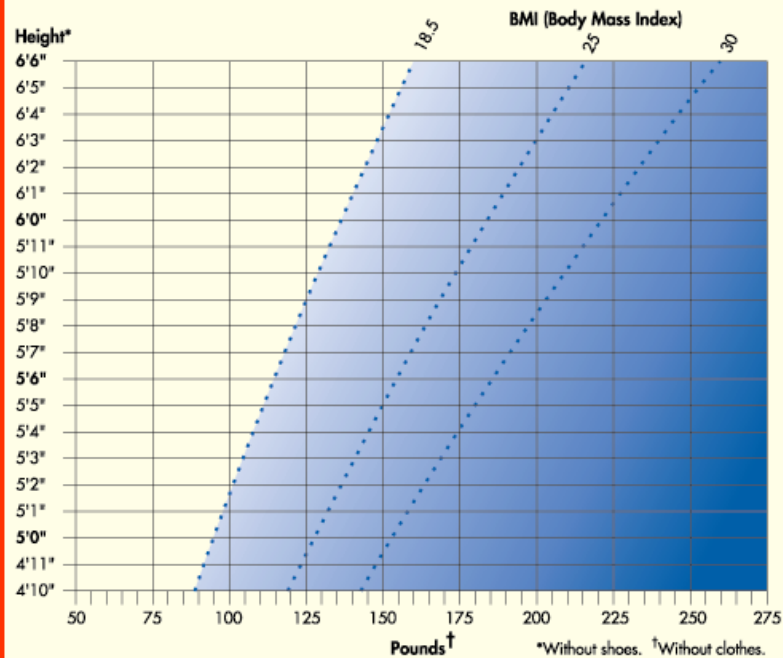
Aim for a healthy weight

1995 Guideline

Balance the food you eat with physical activity
-- Maintain or improve your weight

Body Mass Index Chart

ARE YOU AT A HEALTHY WEIGHT?



BMI measures weight in relation to height. The BMI ranges shown above are for adults. They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry health risks for adults.

Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

- Healthy Weight** BMI from 18.5 up to 25 refers to healthy weight.
- Overweight** BMI from 25 up to 30 refers to overweight.
- Obese** BMI 30 or higher refers to obesity. Obese persons are also overweight.

Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000, page 3.

Healthy weight in children

- ❖ Encourage physical activity
- ❖ Offer grain products; vegetables and fruits; low-fat dairy products; and beans, lean meat, poultry, fish, or nuts
- ❖ Offer only small amounts of food high in fat or added sugars
- ❖ Set a good example

Physical Activity

2000 Guideline

Be physically active each day

1995 Guideline

Balance the food you eat with physical activity
-- Maintain or improve your weight

Be physically active each day

- ❖ Health benefits of physical activity
- ❖ Physical activity recommendations

Adults -- 30 minutes of moderate physical activity most, preferably all, days of the week

Children -- 60 minutes of moderate physical activity daily

Food Choices

2000 Guideline

Let the Pyramid guide your food choices

1995 Guideline

Eat a variety of foods

Food Guide Pyramid



Let the Pyramid guide your food choices

- ❖ Plant foods as a foundation
- ❖ Many healthy eating patterns
- ❖ Low-fat foods emphasized
- ❖ Soy products included
- ❖ Dietary supplements discussion expanded

Recommended number of servings

	1600 Calories	2000 Calories	2200 Calories
Grains group	6	9	11
Veg group	3	4	5
Fruit group	2	3	4
Milk group	2 or 3	2 or 3	2 or 3
Meat & Bean group	2 (5 oz total)	2 (6 oz total)	3 (7 oz total)

Grains

2000 Guideline

**Choose a variety of grains daily,
especially whole grains**

1995 Guideline

Choose a diet with plenty of grain products,
vegetables, and fruits

Common Whole Grain Foods

- ❖ Brown rice
- ❖ Oatmeal
- ❖ Whole oats
- ❖ Bulgur (cracked wheat)
- ❖ Popcorn
- ❖ Whole rye
- ❖ Graham flour
- ❖ Pearl barley
- ❖ Whole wheat
- ❖ Whole grain corn

Fruits and Vegetables

2000 Guideline

Choose a variety of fruits and vegetables daily

1995 Guideline

Choose a diet with plenty of grain products, vegetables, and fruits

Eat a variety of fruits and vegetables daily

- ❖ Need for variety highlighted
- ❖ Recommendation: 2 servings of fruits and 3 of vegetables daily
- ❖ Fruit and vegetable sources of vitamins and minerals included

Food Safety

2000 Guideline
Keep food safe to eat

New Guideline in 2000

Keep food safe to eat

- ❖ Wash hands and food surfaces often.
- ❖ Separate foods while storing and preparing.
- ❖ Cook foods to a safe temperature.
- ❖ Refrigerate perishable foods promptly.
- ❖ Follow the label.
- ❖ Serve safely.
- ❖ When in doubt, throw it out.

Fats

2000 Guideline

**Choose a diet that is low in
saturated fat and cholesterol and
moderate in total fat**

1995 Guideline

Choose a diet low in fat, saturated fat, and
cholesterol

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat

- ❖ Total fat recommendation: 30% of calories or less
- ❖ Descriptions of the different types of fat
- ❖ Limits on saturated fat and total fat for various calorie levels
- ❖ Comparison of saturated fat content of foods

Sugars

2000 Guideline

Choose beverages and foods to moderate your intake of sugars

1995 Guideline

Choose a diet moderate in sugars

Major sources of added sugars

- ❖ Soft drinks
- ❖ Cakes, cookies, and pies
- ❖ Fruitades and drinks such as fruit punch & lemonade
- ❖ Dairy desserts such as ice cream
- ❖ Candy

Salt

2000 Guideline

**Choose and prepare foods
with less salt**

1995 Guideline

Choose a diet moderate in salt and sodium

Choose and prepare foods with less salt

- ❖ Steps that may help keep blood pressure in a healthy range
- ❖ Is lowering salt intake safe?
- ❖ Salt versus sodium

Alcohol

2000 Guideline

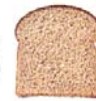
**If you drink alcoholic beverages,
do so in moderation**

No change in title from 1995

If you drink alcoholic beverages, do so in moderation

- ❖ Adverse effects of excess intake
- ❖ Health benefits related to age ranges
- ❖ Other ways to reduce heart disease risk
- ❖ Who should not drink
- ❖ Moderate drinking: 1 per day for women, 2 per day for men

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Children's Health Today

- Undernutrition
- Iron deficiency anemia
- Overweight and Obesity

Childhood Eating Patterns Impact Adult Health

- Coronary artery disease begins in youth.
- High cholesterol, high blood pressure and overweight are now common in youths in US.
- Young persons with unhealthy eating habits maintain these habits through life.

Leading Causes of Death

- Coronary Heart Disease
- Cancer
- Stroke
- Diabetes
- High blood pressure
- Overweight
- Osteoporosis

Diet and Leading Causes of Death

- Coronary Heart Disease
- Cancer
- Stroke
- Diabetes
- High blood pressure
- Overweight
- Osteoporosis
- Consume less fat
- Healthy weight; less fat, alcohol, smoked and cured foods
- Healthy diet and healthy weight
- Healthy weight
- Less sodium
- Control caloric intake; diet low in fat, high in fruits and vegetables.
- More calcium, especially during youth

Eating Behaviors of Children & Adolescents in US

- CDC Youth Survey
 - 41% ate no vegetables
 - 42% ate no fruit

Study of Youths Aged 2-18

- Only 3.6 servings of fruits and vegetables daily
- Fried potatoes accounted for a large portion of vegetables consumed
- 20% ate the recommended 5 or more servings of fruits & vegetables daily
- 50% ate fewer than one serving of fruit per day
- 29% ate fewer than one serving of vegetable per day that were not fried
- Adolescent females eat considerably less calcium and iron than recommended

Nutrition Knowledge

- Children & adolescents know the relationship between nutrition and health
- Children & adolescents are less aware of the relationship between specific foods and health

Aim for a Healthy Weight

- Evaluate weight status
- Sensible eating
- Regular physical activity

Body Mass Index

- Measures height / weight ratio
- BMI scale shows if one is at a healthy weight, overweight or obese.

We are sedentary people!

- Think about conveniences which have been invented to make life easier.
- These conveniences limit our physical activity.

Fitting in Fitness

- Less than one in four Americans exercise regularly
- Americans spend about 800 fewer calories per day than their parents

Health Benefits of **Moderate** Activity

- Reduced risk of numerous diseases
- Improved mental health
- Enhanced physical functioning
- Loss of body fat
- Improved blood pressure, blood glucose and blood cholesterol

How can we encourage kids to move?

